DILLON A-LEVEL RENOVATION

It’s complete! The Dillon A-Level renovation is finished. We appreciate your patience during this much-needed and worthwhile improvement.

We’d like to acknowledge a dedicated team for their efforts which included: University Office of Design and Construction staff Jarett Messina, Dave Howell and Craig Willett; the general contractor Irwin & Leighton led by Kyle Reed, Rich Clawell and Rick Coalson; and our architects from Atkin, Olshin and Schade: Lisa Dustin and Sara Patrick.

We’re very proud to showcase the new space which includes men’s and women’s locker rooms; team rooms for men’s and women’s volleyball; a multipurpose room for sport clubs; six gender-inclusive/family changing/shower rooms; and corridors for better access through A-Level.

TIGER TROT: COMMUNITY OUTREACH

The ninth annual Tiger Trot for Hunger was held on Friday, November 18 and turned out to be a fantastic day. We collected more than 550 pounds of food and raised more than $1,300 for Arm In Arm of Mercer County. A total of 355 people ran or walked 5,000 meters around the scenic Princeton campus.

Many departments from across the university were represented, including Human Resources; Facilities; Public Safety; and Environmental Health and Safety. All groups really enjoyed the day.

Shout-outs for making donations go to Wegmans ($250 towards the race which helped to pay for our finish-line refreshments and many door prize gift cards to our participants); Whole Foods (bananas, apples and cereal bars for the day); and Campus Dining (sparkling water for the finish line).

The department with the most participants was the Woodrow Wilson School with 48; the department with the most donations of food items was Environmental Health and Safety with 318!

Thank you to all those who participated! (See Intramurals on page 4 for top results/performances.)

NEW CAMPUS REC WEBSITE

Campus Recreation has recently unveiled a new, up-to-date website, featuring more pictures, current events and activities – all while being easier to navigate and putting much more information at your fingertips.

Check out our new website and bookmark us at www.campusrec.princeton.edu.
**FUNCTIONAL FITNESS ROOM**

The renovated A-Level is also home to the new Functional Fitness Room. Financial support was provided through the generous gift of the Ford Family Director of Athletics Endowment Fund for use in technology enhancements.

The 400-square-foot room is equipped with high-density flooring, air-conditioning, enhanced lighting and modern audiovisual technology. It can be used for self-guided fitness through personal computers, tablets and smart phones via connection to a presentation box or Apple TV.

**TENNIS . . . ER, UH . . . PING PONG, ANYONE?**

Campus Recreation recently added a ping pong table to the Dillon lobby. Equipment can be checked out from the front desk.

Stop by any time to play!

**FITNESS OPPORTUNITIES**

A number of fitness opportunities are planned for the next three months. This includes wellness screenings, competitive fitness events, fit-n-fun events and our incentive program (which awards gifts to those who complete 200 minutes of fitness activity per week for five weeks).

Here’s what you can expect from now through the end of the March:

**Wellness Screenings**

- Blood Pressure II (Mon Feb 27 to Fri Mar 3)
- Body Composition II (Mon Apr 3 to Fri Apr 7)

**Competitive Fitness Events**

- The Fitness Combine (Mon Feb 20 to Wed Feb 22)
- Get A Grip (Thu Mar 9)

**INCENTIVE PROGRAM**

- 1,000-Point Challenge III (Mon Feb 13 to Sun Mar 19)

Note: Prizes will be given to the top finishers in all fitness and fit-n-fun events.

**INDOOR ROWING REGATTA: RECAP**

The fourth annual Indoor Regatta was held on October 20. In this event, seven competitors rowed 2,000 meters as fast as possible on a Concept2 rower. The winners and their performances:

- John Swinbank (male FS; 7:34)
- Christine Twiname (female FS; 9:33)
- Vladmir Feinberg '17 (male US; 7:00)

**SCALE THE WASHINGTON MONUMENT: RECAP**

The ninth annual Scale the Washington Monument was held on November 17. In this event, six competitors climbed 555 feet — the approximate height of the Washington Monument — as fast as possible on a rope-climbing machine. Men and women climbed the same distance but the men used a higher resistance than the women.

The men’s winner was Charles Kruger FS who completed the distance in 7:37. He was followed closely by Nathan Mytelka ’19 in 7:40 and Matthew Wie ’17 in 7:42.

On the women’s side, Christine Twiname FS won her fourth consecutive title with a time of 5:53. She edged out Sneha Rath GS who finished in 6:01.

**VISIT US AT**

www.campusrec.princeton.edu
INTRAMURALS

IM LEAGUE REGISTRATION

Registration for the first set of sports for the spring semester will begin on Monday, February 6 and end on Friday, February 10 at 12pm. Team captains are able to register their teams for 5on5 Basketball, Broomball, Team Handball and X-treme Dodgeball. These sports will begin league play on Monday, February 13 and conclude before the beginning of Spring Recess.

To register for an IM League, captains must log on to www.imleagues.com/Princeton and create their team for each sport in which they’re interested. All skill levels are welcome and the rules for each sport can be found at www.campusrec.princeton.edu.

INTRAMURAL POINTS

Intramural (IM) points are tabulated for every contest and special event in which students participate for their Residential College, Eating Club, the Graduate College or the Woodrow Wilson School. Each point earned goes toward the overall score for each participant’s affiliation. The group with the most points becomes the next Overall IM Champion.

Winning a league sport will earn IM Champion T-shirts for your team and extra points for your group. The glory of being declared the Residential College or Eating Club IM Champions will get a place on the coveted IM Trophy!

SUMMER CAMP

The Princeton University Summer Day Camp is designed for children entering grades 1 to 8 for the Fall of 2017. The camper’s day is filled with a variety of sports, games, arts and crafts, and camp activities that will keep each camper active and engaged throughout the week. Each camp provides programs and trips for their specific grade level.

Registration for university faculty, staff and students begins on Monday, February 6. The general public can register beginning on Monday, March 6.

We’ll be offering a Winter Open House for parents on Monday, February 6 from 10am to 2pm in the Dillon Gym Lobby. You can come and ask questions before registering and get a tour of the facility.

For more information regarding our summer camp program, please contact Jessica Ward (jessward@princeton.edu) or Kara Nitti (knitti@princeton.edu).

CARDBOARD CANOE RACE

Join us for the Ninth Annual Cardboard Canoe Race on Friday, February 17 at 7pm. All you need is a partner and some creativity. At this event, teams of two will have 90 minutes to build a canoe that will hold both team members using the supplies provided. Supplies include a pile of cardboard, one roll of duct tape, one box cutter and two large trash bags. Think McGyver. Once the construction time has elapsed, heats of three teams will paddle their canoes across the pool (paddles and personal flotation devices are also provided). Prizes will be awarded for the team that has the best time, best design, best costume and best capsize.
**GROUP FITNESS**

**SOMETHING FOR EVERYONE**

Do you want to start your new year with increased energy, enhanced mood, improved memory and increased productivity? Then check out our extensive line-up of group fitness classes. You can bring a friend or meet new friends in class! There’s something for everyone.

**FREE FITNESS IS AVAILABLE!**

A free week is open to students, faculty, staff and members from February 6 to 12. There will be more than 60 classes from which to choose, including Yoga, Melt, Zumba®, CXWORX, BodyPump®, Cycle, TRX®, BodyCombat®, Barre, Wake-Up!, BodySculpt, Cardio Dance, Pilates, Squash, Tennis, Kung Fu, Tai Chi, Meditation in Action, Jiu Jitsu, MMA Drills, Krav Maga and Belly Dance.

**BEGINNER CLASSES**

During the spring semester, beginner classes will be offered which are free to all students and members of Dillon Gym. Check out the spring schedule for details.

**GROUP FITNESS LISTSERV**

Join the “group fitness” listserv for contest information, free fitness opportunities and schedule updates.

**CYCLE CERTIFICATION**

A Cycle Certification will be held in Dillon Gym on February 26 from 9:30am to 4:30pm. The cost is $99.

For more information or to register contact Kara at knitti@princeton.edu.

**BECOME AN INSTRUCTOR!**

Students: Are you energetic, motivated, have a passion for fitness and are comfortable leading a class? If so, maybe being a group fitness instructor is for you.

**RESOLTZ FITNESS APP**

Princeton students can try a workout video or participate in a RESOLTZ contest for free. Simply register with your Princeton email at www.resoltz.com/princeton.

Congratulations to the Fall RESOLTZ winners: Anyssa Chebbi, Kirit Limperis, Nicole Taylor, Rachael Rothergery and Joyce Zhou.

**CONTACT INFO**

For more information about Group and Instructional Fitness Programs or becoming an instructor, contact Kara Nitti at 258-2634 or knitti@princeton.edu.